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NEWS  
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## Books versus the beach

The summer months can be a great time to hit the books and get ahead **PAGE 15**

## Sweet smell of money?

Some Canadians say new plastic bank notes waft a maple-syrup scent **PAGE 7**

## NO CRACK IN T.O. MAYOR'S ARMOUR

DESPITE DRUG ALLEGATIONS SWARMING AROUND HIM AND HIS FAMILY, ROB FORD VOWS TO SEEK RE-ELECTION **PAGE 6**



## MARATHON MAN

Benard Onsare crosses the finish line at the Calgary Stampede grounds on Sunday morning in a time of two hours, 28 minutes and 40 seconds, good enough to defend his title as Calgary Marathon champion but a bit off his record-setting pace of two hours, 22 minutes and 47 seconds last year. For the story and more photos from the 49th annual Scotiabank Calgary Marathon, see page 3. ROBSON FLETCHER/METRO

# U of C's dose of tough medicine

**Future woes.** Cuts at the University of Calgary's medical school will impact family care: Dean

Deep cuts to the University of Calgary's faculty of medicine is a prescription for a big problem in the years to come, the program's dean is warning.

Dr. Jon Meddings said they are already being confronted with a \$26.5-million cut in funding that will see them drop 50 faculty positions — 10 per cent of the overall faculty — by 2017 and bring in their smallest class of students this fall since 2008.

"Then the budget came," he told Metro, referring to a 7.3 per cent cut in provincial support for Alberta's post-secondary sector outlined in March.

Senior administrators at the U of C have said they were given no warning of the provincial cuts. They are now working to finalize an operating

budget and a proposal will be presented Friday to the institution's board of governors.

But Meddings said overcoming effects of the financial reality is going to be "incredibly difficult" and will have far-reaching consequences.

About 40 per cent of his graduates work in family medicine, and initiatives have been launched in recent years that focus specifically on developing physicians in that area.

"If that's not important to people in Calgary, I don't know what is," Meddings said.

Estimates in recent years suggest up to one-fifth of Calgarians do not have a family physician.

But Alberta Health was quick to point out the total number of physicians province-wide swelled by 60 per cent to 8,258 between 2001 and 2011, according to the Canadian Institute for Health Information.

That rate is far above the national growth rate of about 24 per cent, spokesperson John Muir added.

"The issue is doctors are

private businesspeople generally and where they choose to practice is where we're concerned," Muir said. "So we have a number of programs in place to help encourage doctors to locate to areas and communities where they have a hard time attracting or retaining physicians."

Still, Meddings worries about long-term shortages and overall impact to quality.

He said 360 academic physicians affiliated with the U of C are likely to take salary cuts of up to \$20,000 in light of pre-budget hardships generated largely by funding cuts to the Alberta Heritage Foundation for Medical Research and Academic Alternative Relationship Plans. Those members are typically tasked with training the next crop of grads in the medical field.

"We have been cutting away any fat there is left in the system," Meddings added. "Any big cuts we were to make now, we would be not cutting fat but meat and bones at this point."

JEREMY NOLAIS/METRO

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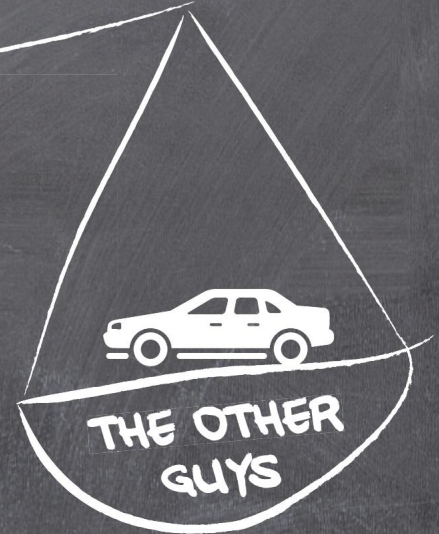
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# Run on

## 1 I am the champion, again.

Defending Calgary Marathon champion Benard Onsare had established a comfortable lead by the halfway point and went on to win the race for the second year in a row.

## 2 Marathon (wo)man.

Kelsey Young accepts her medal after completing the half-marathon.

## 3 Life on the run.

The race took runners past many Calgary landmarks, including The Bow building.

**What we talk about when we talk about running.** Several records broken at the marathon Sunday



**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

All sorts of records were broken during the 49th annual Scotiabank Calgary Marathon on Sunday, except for the record pace set one year ago.

Last year's champion Benard Onsare successfully defended his title, completing the 42.2-kilometre course in a time of 2:28:53.

That wasn't quite as quick as the 2:28:40 mark he posted in 2012 — the best ever in the Calgary Marathon.

Still, the Kenyan-born

Calgary resident said he was "very excited" to have won for the second year in a row.

More than 12,000 people took part in Sunday's road races, according to organizers, marking a record for participation.

The event also saw at least \$930,000 raised for charities — another record.

In addition, Calgary's Blaine Penny and the Mito Team — made up of 10 runners — broke a Guinness World Record for the fastest marathon tied together.

Team members, attached to one another with surgical tubing, finished in 2:55:23.

Nadyia Fry was the fastest female marathoner, finishing in a time of 2:51:36. Calgary's Alice Ndirangu finished second among women with a time of 2:54:20.

**FOR A LARGER PHOTO GALLERY FROM THE RACE, VISIT METRONEWS.CA**

## 4 The early bird gets the worm.

Runners began their 42.2-kilometre journey from the Calgary Stampede grounds, with a mass start at 7 a.m.

## 5 A helping hand.

More than 1,200 volunteers helped make the race run smoothly, including this young water station attendant who encouraged runners with a smile and thumbs-up.

**ALL PHOTOS: ROBSON FLETCHER/METRO**



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## Festival. Four-legged pals can stop and smell the lilacs, too

Calgary festival-goers traded in their rubber boots and umbrellas for sunglasses and shorts Sunday to take in the 24th annual Lilac Festival.

The variety of vendors, food and free entertainment brought a lot of people out, but among the crowd was a noticeable amount of four-legged patrons.

For some, the fact that Lilac Fest is a dog-friendly event is a huge incentive to come check

out the long-standing festival.

"Typically we like to bring our dog to all outdoor functions," said Willy Chan, accompanied by his daughter Oriana and her female Shiba Inu. "I think you have to promote events like this. As long as the dog is friendly."

Many vendors catered to the canine guests with dog water stations and some even handing out biscuits.

ALLISON FARDER/FOR METRO

### Residents displaced

## Dumpster fire forces highrise evacuation

Calgary fire crews evacuated a downtown highrise early Sunday amid fears a fire had broke out inside.

Approximately 50 residents were escorted from their homes in the 500 block of 12th Avenue S.W. and taken to an awaiting bus. **METRO**

### Caller report

## Cougar encounter forces partial Banff closure

Officials with Parks Canada shut a portion of the Banff townsite Sunday after an unnamed caller reported encountering a cougar in the area.

The same animal is believed to have been spotted chasing down a deer nearby. **METRO**

# Separate collisions leave two in life-threatening condition

**Criminal charges pending.** Truck driver believed to have fled scene after hitting motorcycle head-on



JEREMY NOLAÏS  
jeremy.nolais@metronews.ca

Two people were left fighting for their lives Sunday afternoon as emergency crews scrambled to deal with two serious crashes in as many hours.

Criminal charges were pending in the first incident after it's believed a truck struck a motorcycle head-on along Centre Street North and Blackthorn Road and then fled the scene.

"We took someone into custody about 45 minutes later," said police Insp. Paul Wozney, adding investigators had yet to interview the driver Sunday evening.



A motorcycle lies in the middle of Centre Street North after it was struck head-on by a truck. A man, believed to be operating the bike, was rushed to hospital in life-threatening condition. CONTRIBUTED/CHANTAL MORROW

EMS spokesperson Adam Loria said a motorcyclist in his 30s was rushed from the scene to hospital in life-threatening condition and a second person was also taken by ambulance in stable condition. Photos of the scene provided to Metro showed a crumpled motorcycle in the middle of road

and debris strewn across the area.

Two hours later, RCMP closed a stretch of Springbank Road at Range Road 32 following a collision that saw eight people get taken to hospital.

Four of the injured were children, and one was in life-threatening condition, Loria

said.

"There was a lot of movement at the scene, obviously," he said. "We had to first determine who exactly was injured, which we did very quickly.... It was a very busy evening."

The causes of both collisions were still being investigated Sunday evening.

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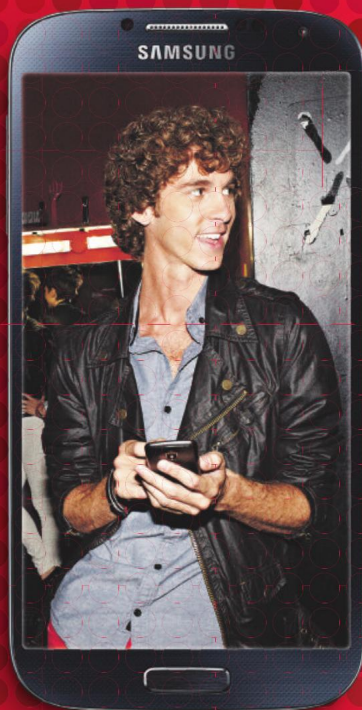
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## Espionage. CSIS kept quiet on spy to save own secrets

Canada's spy agency watched a navy officer pass top-secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011.

CSIS ultimately decided

not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering information, including highly classified U.S. material.

The RCMP had to start its own investigation almost from scratch. **THE CANADIAN PRESS**

### Halifax

## Cat lady has over 50 felines taken away

More than 50 cats living in a one-bedroom apartment in Halifax have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia (DARTNS) said it helped remove 51 cats after being contacted by the landlord on Friday.

Catherine Stevens, communication director for DARTNS, said an elderly woman co-operated as her animals were taken away.

"The cats were being fed and watered," she said. "There are no cats abused."

"She thought she was doing a great job (by caring for them), as most hoarders do. It's somebody trying to do a good thing, but it goes bad."

**METRO IN HALIFAX**

# Ford brothers add a little smack talk to crack talk

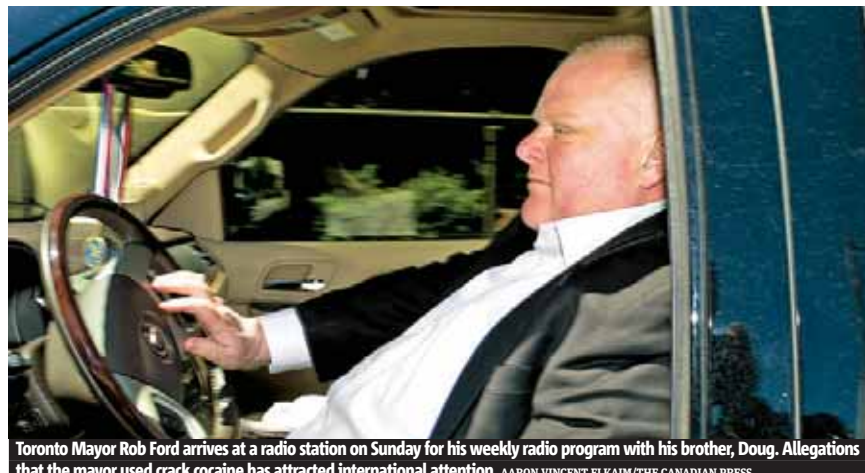
## Drug allegations. Toronto mayor and councillor use radio show to bash accusers

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack-cocaine use, vowing Sunday not to let media "maggots" interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother, who joined him on the airwaves, suggested may have been influenced by higher political forces.

Ford's confidence was a departure from the evasion seen ever since reports of a video that allegedly shows him smoking what may be crack cocaine.



Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly radio program with his brother, Doug. Allegations that the mayor used crack cocaine has attracted international attention. AARON VINCENT ELKAIM/THE CANADIAN PRESS

"No matter what you say ... to the media, you're never going to make them happy," Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent days — added he plans to start campaigning for the next municipal

election as soon as possible.

The mayor's brother, Coun. Doug Ford, found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish for several years in the '80s — allegations he has denied.

"I never start a fight, but when someone ... tries to attack your credibility, your character, try to go after your family's character ... I go swinging back," he said. "Journalism in my opinion has sunk to an all-time low." **THE CANADIAN PRESS**

### Senate expense scandal

## Ex-Mountie fears Tory control

A former RCMP superintendent says he's never seen the degree of political control

over the Mounties that exists now, and says it "does not bode well" for a police investigation of Senate expenses.

Garry Clement, a 30-year veteran of the force, told CTV on Sunday that he knows the investigating officer involved

in the Senate case has the "utmost credibility."

However, the Conservative government ordered in 2011 that all RCMP communications be cleared by the office of Public Safety Minister Vic Toews. **THE CANADIAN PRESS**

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Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer \$100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the \$100 note, which was the first of the plastic bank notes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

## Dear BoC: Does my cash smell of maple?

### Scratch 'n' sniff secret?

Records show many Canadians contacted central bank to inquire whether polymer notes have a whiff of érablé

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.

### Folks who need hobbies

### Help! My money lost its scent

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ...

lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new \$100 bank note: "I could smell the scent once but not all the time.... I bet a couple friends and cannot find proof, is it just me?" THE CANADIAN PRESS

Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first polymer note — the \$100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

### Detroit

### U.S. government investigates Ford pickups with EcoBoost engines

The U.S. federal government is investigating Ford F-150 pickups with EcoBoost engines after drivers reported that the engines lost power during acceleration.

The government estimates around 400,000 F-150 pickups from the 2011 through 2013 model years are involved. The National Highway Traffic Safety Administration has received 95 reports of engines losing power during hard acceleration. THE ASSOCIATED PRESS

### Abidjan. Ivory Coast techies elect web mayor

A 22-year-old who lives with his parents is the new mayor of Ivory Coast's largest city, Abidjan — at least according to the West African nation's active community of self-described Internet geeks.

Abidjan's budding network of bloggers, strategists, designers and web entrepreneurs organized a separate vote for web mayor in late April, days after Ivorians went to the polls for local elections.

Emmanuel Assouan was crowned leader for a group that in recent years has dreamed up creative ways to aid the city's population of roughly four million people and draw attention to government shortcomings



Emmanuel Assouan, the newly inaugurated web mayor of Abidjan, Ivory Coast's largest city, took the oath of office with his right hand on a white iPad. THE ASSOCIATED PRESS

in areas like traffic congestion and power supply, said Amevi Midekor, who helped organize the vote. THE ASSOCIATED PRESS

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# FORD ALLEGATIONS CRACK ME UP

Over the past week or so, I, like many Canadians, have been watching the Rob Ford saga unfold with a strange, slightly grotesque interest.

I (obviously) don't live in Toronto (and never have). I have only a few friends residing in the Big Smoke and I've never had any interest in the Greater Toronto Area's political scene. Yet I can't peel myself away from every lurid detail of this incredible car crash whenever a new scandal around the Ford administration breaks.

There is just something so unbelievable and un-Canadian about Ford's term in office. It seems like a plot from a long-forgotten Chris Farley movie or an HBO series that was never committed to celluloid.

But unfortunately for Ford (and Toronto residents) it doesn't look like there's any kind of happy-go-lucky ending in sight.



**High Plains Drifter**  
**James Callsen**  
calgary@metronews.ca

As Calgarians we often mock, tease and make fun of our Canadian cousins living out east.

As Canada's business capital of the West, we often feel a need to puff our chests out to those in The Centre Of The Universe.

However, the latest and most serious scandal has seen Ford's career blow up, which leaves me feeling less smug and more sympathetic.

It's really unfortunate that a politician's alleged behaviour is making more headlines than their political track record. And if I'm feeling this way, Toronto voters who are looking more for action and sane stewardship from their civic officials must be ready to tear their hair out.

As the Ford saga rolls on and becomes increasingly cringe-worthy (the latest allegations are that the mayor's brother Doug, also a councillor, dealt large volumes of ha-

## Can we focus on what's important?

**It's really unfortunate that a politician's alleged behaviour is making more headlines than their political track record.**

shish in the '80s), one has to wonder how much longer it can possibly go on before it blows up in an ugly mess all over Yonge Street.

And while we Calgarians may be enjoying the tabloid theatre, I don't think any of us wish it to continue for a second longer.

While we in Cowtown can look at the Toronto situation and place our own mayor on a lofty, hip pedestal, it should be a wake-up call for anyone who casts a ballot without doing their research or picking up a newspaper.

And it really serves the point that when you don't show up to the ballot box, you never know who's going to be your city's mayor.

## ZOOM

# Do you know if your food is kosher?



GERRY BROOME/THE ASSOCIATED PRESS

## Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C. The inspection is an

example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. **METRO**

## Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

## Industry size

# \$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped \$12.5 billion in 2008, according to market-research firm Mintel. That was projected to grow this year to about \$15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

## Click bait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.**

## Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

## Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly

ambitious. The cost of entry is a little steep at \$105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

## Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A \$20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

## Comments

**RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25**

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBer's 40+ years ago, now step up

and train our young Canadians.  
**ve6 posted to metronews.ca**

As a Generation Jones, second-cohort baby boomer myself, I say this whole so-called skills-shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key.  
**catspassgas posted to metronews.ca**

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# With back-to-back pop hits Lovato is now radio ready

**Fourth album, Demi.** The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Re-

nea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they

**It's a hit!**

**"It was kind of like her coming-out party as a singer."**

Sharon Dastur, NYC radio station Z100's program director.  
On what Unbroken represented for Demi Lovato as an album

don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that



Demi Lovato doing what she does best. AP PHOTO

was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when

you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

2 SCENE

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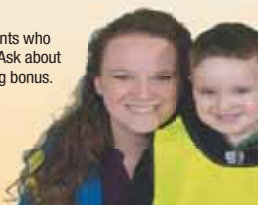
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metro

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DISH

metronews.ca  
Monday, May 27, 2013

### Pop Goes the Week

**This week: Kanye will save you, but he can't save the vampire love**



**STARGAZING**  
Malene Arpe  
scene@metronews.ca

**Possible reasons Kristen Stewart and Robert Pattinson broke up.** 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

**The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense.** It's as if Justin Bieber issued a cease and desist letter to

the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

**Kanye West's new album will be called Yeezus.** The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

**Covergirl announces a Hunger Games: Catching Fire collection.** For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

**Andrew Garfield plays basketball with some kids in New York while wearing his Spider-Man costume.** Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

**A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his**



**girlfriend having sex with his son.** Said the man, "Weirdly, I feel even more haunted now."

**The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles.** Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilarious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on



Amanda Bynes

charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognizance and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco, I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."



Ashton Kutcher

### Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."



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**Book Excerpt**

## Training don'ts



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own

family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement,

since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the laziest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of

training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. **FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.**

**Exclusively online**

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



# Tinkle time goes high-tech

**Potty seats.** They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot



Potty seats are being designed to entertain. THE ASSOCIATED PRESS/ SAFETY 1ST

camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to \$83 a pop.

Heidi Murkoff, however, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer

in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready your toddler is to start potty training."

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. THE ASSOCIATED PRESS

**Choices, choices**



**Ducky Fun 3-in-1 Potty training chair.** THE ASSOCIATED PRESS/FISHER PRICE



**The Boon Potty Bench with side storage spaces for books, training supplies and wipes.** THE ASSOCIATED PRESS/ BOON



**The Magic Garden Potty Chair.** THE ASSOCIATED PRESS/TEAMSON



**The Riding Potty Chair.** THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY



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FOOD

metronews.ca  
Monday, May 27, 2013

# Egging it on in delicious ways



This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

## Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

## Salmon Dill

Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

## Pickle Bacon

Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

## Chili Avocado

Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

## Carbonara Pasta Salad



1. Bring saucepan of salted water to boil. Add pasta and cook according to package directions. Drain; spread on rimmed baking sheet to cool.

2. Meanwhile, heat medium skillet over medium-high heat. Add pancetta and cook until crispy, about 6 minutes. Use slotted spoon to transfer pancetta to paper towel-lined plate to drain and cool. Add peas to skillet and cook just until tender, 3 to 4 minutes. Transfer to plate with pancetta and allow to cool.

3. While everything cools, make dressing. In blender, combine egg yolks, garlic, mustard, vinegar and lemon juice. In slow stream, add oil, blending until thick and smooth. Season with salt and pepper.

4. In a large bowl, combine the cooled pasta, pancetta, peas, dressing, Parmesan and scallions. Toss well. For best flavour, cover and refrigerate for at least 1 hour.

THE ASSOCIATED PRESS

## Ingredients

- 16 oz gemelli or rotini pasta
- 9 oz finely chopped pancetta
- 1 cup fresh peas
- 3 egg yolks
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 tbsp white balsamic vinegar
- 1 tbsp lemon juice
- 1/2 cup mild olive oil
- Salt and ground black pepper
- 1 cup grated Parmesan cheese
- 3 scallions, thinly sliced

# Taste of Barbecue Chicken, minus the grill and calories

1. Heat the oven to 350 F.

2. In bowl combine ketchup, adobo sauce, brown sugar, vinegar, mustard and garlic. Season with salt and pepper.

3. Line shallow baking dish with foil, leaving enough excess to overhang sides. Spread half of the sauce on foil in area

## Ingredients

- 1/2 cup ketchup
- 1 to 2 tbsp adobo sauce (from a can of chipotles in adobo)
- 2 tsp dark brown sugar
- 2 tbsp cider vinegar
- 2 tbsp Dijon mustard
- 1 to 2 cloves garlic, minced
- Kosher salt and ground black pepper, to taste
- 1 lb boneless skinless chicken breasts without the filet (a total of 2 to 3 breasts, each about 3/4- to 1-inch thick)
- 1 tbsp extra-virgin olive oil
- 1/2 cup panko breadcrumbs
- 2 tsp chopped fresh thyme



This recipe serves four, and contains 240 calories and 5 grams of fat per serving. MATTHEW MEAD/ THE ASSOCIATED PRESS

just size of chicken breasts. Arrange breasts on top of sauce and spoon remaining sauce over top. Bring edges of foil up and over chicken and fold to enclose. Bake breasts on middle shelf of oven 20 minutes.

4. Meanwhile, in small skillet over medium, heat oil. Add breadcrumbs, thyme, a pinch

of salt and some pepper. Sauté until light golden, 3 minutes. Set aside.

5. After chicken has baked 20 minutes, open up foil and spoon sauce that has fallen off chicken back on top. Sprinkle crumb mix evenly over chicken. Continue baking, uncovered, until chicken is just cooked through,

another 8 minutes. Let stand for 5 minutes.

6. Carefully slice chicken, then divide between 4 serving plates, spooning any sauce and crumbs that have fallen off over the chicken slices.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

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One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanelli's spaghetti with meat sauce.



## Pizza Pizza Sausage Sandwich

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# Funding platform drawing crowds

**Throw some pennies at that project.** Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

RITA  
POLIAKOV  
life@metronews.ca

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than \$319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding projects are successful, but the following were. Here's why:

## Ubi

Kickstarter goal: \$36,000 Funds raised: \$229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a market for what we were developing and the second thing was to actually be able to raise the money to

develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler sug-

gests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

## Cobra Wallet

Kickstarter goal: \$30,000. Funds raised: \$51,128.

This ultra-thin wallet was born out of a desperate search for a comfortable place to put cards and cash.

**Did you submit? Don't sit!**

**Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.**

Ariel Garten  
InteraXon Media

Alex Kennberg, who created the project with Joshua Moore,



**The Muse headband invites users to see their brain in action.**  
SUBMITTED

suggests having a prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

## Muse

Indiegogo goal: \$150,000. Funds raised: \$287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."



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**The Cobra Wallet was born of a need to keep cash compact.** SUBMITTED



**Amin Abdossalami, Mahyar Fotoohi and Leor Grebler of team Ubi.** SUBMITTED



# They're at the beach while you're with the teach

**Make your summer matter.** Your friends might think you've gone nuts, but using this season to kickstart your studies can benefit you big-time

**JULIA FURLAN**  
Metro World News

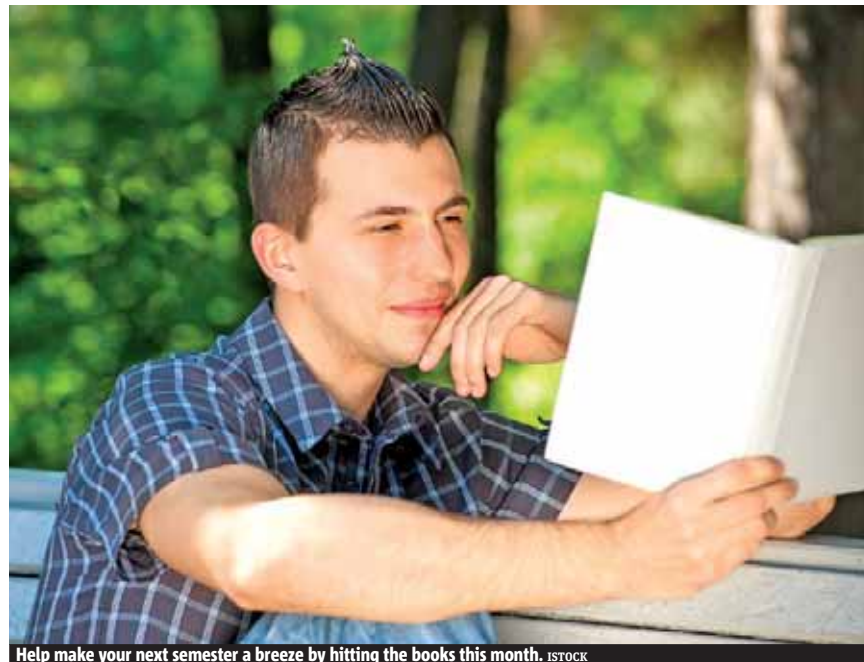
Students who crack the books in the summer months reap the rewards all year round.

As the air conditioners hum and drip, the summer months in the city can be hot enough to send anyone running indoors.

Jamie Bilella, president of the North American Association of Summer Sessions — and dean at Montclair State University — says that while beating the heat, students of all types can benefit from summer classes that will round out their schedule and help them achieve their educational goals.

## Take on a challenge

It can seem counter-intuitive, but Bilella says summer is an ideal time to tackle that tough course students may have been avoiding. "There may be one course that students are intimidated by, and the summer is an ideal time to take it," Bilella says. Because students often take fewer courses at a time



Help make your next semester a breeze by hitting the books this month. iStock

in the summer months, he says "they can focus all of their energy on that challenge."

## Explore

For students who want to think outside their major, summer can be a great time to do it. Bilella suggests that students who didn't get into the class they were coveting, or who want to try a new elective outside of their focus of study, should think about the summer. Also, if students have a course required for their major that they didn't get to take dur-

ing the year, summer sessions can fill that gap so that they can start the fall semester with their degree requirements on track.

## Get on it

Bilella says the biggest mistake people make regarding summer sessions is to miss out on them until later in their academic career. "Unfortunately, freshmen don't pay attention to the summer offerings until they're juniors," he says. "They should recognize the opportunities of summer and winter early on."

## Stay on track

Graduating on time is good for the bottom line — and taking a summer course can help make that happen.

- "Maybe you're looking to catch up because you didn't take a heavy course load for a few semesters, or you want to

get ahead to take advantage of a study abroad opportunity or focus on an internship," Bilella says.

- "Summer makes it possible to stay on track to graduation."

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# Many factors determine career choice

**Do you have a desire to heal?** Ask yourself these questions if you want to enter field of medicine

CHRIS EDWARDS  
For Metro

Doctor, dentist, nurse, physiotherapist, chiropractor, midwife and more — the list of health-care careers available to you is long and varied. The professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. If you want to be one of them, you must have that desire, too.

To help you decide what kind of health-care professional you might want to be ask yourself some of the following questions:

What matters to you more — variation or predictability? Does the thought of a job with daily new challenges excite you or just stress you out? Does a 9-to-5 workday sound comforting or boring? Within medicine alone you will find

careers suited to any of these personality types.

Many factors motivate a student to choose medicine, says Dr. Tom Feasby, professor of neurology and past dean of the faculty of medicine at the University of Calgary.

"Certainly, the prestige that goes with being a doctor and the general respect one gets from the community positively influence choices, as do the expectations of a good income and job security. However, I think that other factors are stronger motivations, including the desire to make a difference and to help others. Some find the science appealing and others like the technical nature of some fields. I think that many others find the variety of experience and the options available intriguing."

Now consider your personality. Are you a people person? Are you the hands-on,



Health-care professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. ISTOCKPHOTO/THINKSTOCK

physical type, or does a cerebral environment (like a lab) appeal more to you? Do you

prefer working in teams, or alone? Do you like children?

Joanna Nemrava is the

president of the Canadian Association of Midwives.

"Individuals drawn to mid-

wifery are generally giving, caring, flexible and adaptable," she says. "A midwife ensures that her client is empowered to make decisions around her pregnancy and birth, including where she will give birth (home, hospital, or birthing centre). This requires a person who can easily adapt to different settings, be woken up at 3 a.m. to attend a birth without knowing when she will return home, and work together with other health professionals when emergencies arise."

Once you have answered some of these questions you can begin background research on the fields that interest you most. Read up on medical schools, colleges, government ministries and professional associations online. Approach your teachers, professors, or guidance counsellors for their perspectives.

And, above all, make sure to speak to the men and women who work in these fields. There is no substitute for their experience.

## Memorable profession. Job diversity can be rewarding

Choose a career in health care and you can do a lot of good for other people. But it will do just as much good for you.

Health-care professionals enjoy a lot of flexibility — some have the freedom to work limited schedules in communities large or small. They are well-respected and well-compensated for the work they do. And their jobs are often memorable.

"In my line of work you meet new people all the time," says Dr. Sacha Bhatia, a cardiologist at Women's College Hospital in Toronto. "Not only do you get to help them, you get to hear their stories. You learn from them. No two days are the same."

Health-care professionals can learn from their colleagues, too.

Jill Fediurek is manager, immunization, at Public Health Ontario. She has also worked as a nurse educator and manager, and provided direct patient care.

"The diversity within nursing is extremely rewarding," she says. "It promotes lifelong learning."



Health-care professionals, such as physiotherapists, can count on stable careers. JUPITERIMAGES/CREATAS/THINKSTOCK

Kinny Quan, a registered physiotherapist, enjoys helping others find their way, whether they are patients or younger colleagues.

"I have the opportunity to teach physiotherapy students, which is very rewarding," she says. "And it keeps me grounded."

Perhaps most importantly, health-care professionals can

count on stable careers supported by professional associations with their best interests in mind.

It's a good feeling, says Bhatia.

"When you don't have to worry as much about job security you can focus your attention where it matters most — on the patient in front of you." CHRIS EDWARDS


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**NHL playoffs**

## Sharks force Game 7 in Cali faceoff

Joe Thornton got San Jose off to a fast start with a power-play goal in the first period and TJ Galiardi added a goal in the second to help the Sharks force a decisive seventh game with a 2-1 victory over the defending Stanley Cup champion Los Angeles Kings on Sunday night.

Antti Niemi made 24 saves as the Sharks matched Los Angeles' three home wins in this series with a third of their own. San Jose won all three games by 2-1 scores.

Dustin Brown scored the lone goal for Los Angeles and Jonathan Quick made 24 saves.

Game 7 is Tuesday night in Los Angeles.

THE ASSOCIATED PRESS

**NBA playoffs**

## Heat pull ahead in Eastern finals

LeBron James scored 22 points and the Miami Heat rediscovered their offensive punch, routing the Indiana Pacers 114-96 on Sunday night to take a 2-1 lead in the Eastern Conference finals.

James got plenty of help as the Heat reclaimed the home-court advantage they lost two nights earlier. Dwyane Wade had 18 points, and Udonis Haslem added 17.

David West led Indiana with 21 points and Roy Hibbert had 20 points and 17 rebounds as the Pacers lost for the first time at home in the playoffs this season.

THE ASSOCIATED PRESS



The Mooseheads' Nathan MacKinnon hoists the Memorial Cup after his team defeated the Winterhawks in the finals on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

# Mooseheads claim CHL's ultimate prize

**Memorial Cup.** Young star MacKinnon keys offence with hat trick to give Halifax its first-ever national title

Nathan MacKinnon had three goals and two assists Sunday as the Halifax Mooseheads defeated the Portland Winterhawks 6-4 to win the Memorial Cup.

MacKinnon's performance earned him the Stafford Smythe Memorial trophy as

**Memorial Cup final**

6	4
Mooseheads	Winterhawks

the tournament's most valuable player. He led the event with seven goals.

Fellow top prospect Jonathan Drouin assisted on five goals for the Quebec Major Junior Hockey League champions, who captured their first

Canadian Hockey League title.

Konrad Abeltshauser added two goals and an assist, while Martin Frk had a goal and two assists for Halifax, which got 40 saves from Zachary Fucale as a team from the QMJHL won the Memorial Cup for the third-straight year.

Ty Rattie had a goal and three assists while Nicolas Petan added a goal and two assists for the Winterhawks. Seth Jones and Brendan Leipsic scored for Portland, while Mac Carruth made 35 stops for the Western Hockey League champions.

"It's pretty cool," said

MacKinnon. "The feeling would be the same whether I had one point, no points or five points tonight."

MacKinnon hails from the town of Cole Harbour, N.S., which few Canadians had heard of before the meteoric rise of superstar Sidney Crosby. But MacKinnon says there really is no comparison.

"He's in a class of his own for sure," said MacKinnon. "He's the best in the world."

"He was just always competing hard, and just loved the game," said Nathan's father Graham MacKinnon.

THE CANADIAN PRESS

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**4 SPORTS**



# Kanaan wins long-overdue Indy 500

**Crying under spilled milk.** Brazilian breaks through after years of coming up short

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 on Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, the popular Brazilian dipped inside defending IndyCar champion Ryan Hunter-Reay on a restart with three laps to go and cruised from there under the yellow caution flag.

He flipped up his visor to wipe tears from his eyes as the crowd roared, and then poured the celebratory winner's milk over his head in Victory Lane.

"I have to say, the last lap was the longest lap of my life," Kanaan said. "I got a little bit of luck today. I was looking at the stands, and it was unbelievable. I'm speechless. This is it, man.



Tony Kanaan of Brazil pours the victory milk over his head.  
ROBERT LABERGE/GETTY IMAGES

I made it.

"It means a lot to (me) because so many people, I could feel that they wanted me to win, and it's such a selfish thing to do because what are they getting from it? I'm the one who gets the trophy. And if you can bring some joy to

them ... the best thing was trying to put an exciting race for them. And I said it before the race, I believed that this win was more for people out there than for me."

Kanaan had his fair share of chances to win at Indianapolis Motor Speedway, but came up short time and time again. He was leading when the rain came in 2007, only to lose to Dario Franchitti when the race resumed.

In all, Kanaan went into Sunday's race with 221 laps led at Indy — more than any non-winner except Michael Andretti and Rex Mays — but his second-place finish to Buddy Rice in 2004 was the closest he had come to victory.

"We can disprove the theory that nice guys don't win. We proved that wrong," Kanaan said.

This time, it was Franchitti whose crash brought out the final caution to seal Kanaan's victory.

THE ASSOCIATED PRESS



## Mercedes' Rosberg wins an ode to his father

Nico Rosberg leads Sebastian Vettel and Mark Webber of Australia during the Formula One Monaco Grand Prix on Sunday. Rosberg kept his cool to win F1's showcase race, giving Mercedes its first win of the season while emulating his father Keke Rosberg's victory from 30 years ago. CLAUDE PARIS/GETTY IMAGES

### Golf

## Boo Weekley earns first win in 5 years at Colonial

Boo Weekley made three consecutive birdies in the middle

of his round to take the lead at Colonial, and finished with a 4-under 66 on Sunday for his first PGA Tour victory in five years.

Weekley never trailed after those birdies on holes 8-10, which came about the same time Scott Stallings made

double bogey at No. 15 to drop out of the lead.

At 14-under 266, Weekley finished a stroke ahead of Matt Kuchar, the second- and third-round leader who closed with a 68. Defending Colonial champion Zach Johnson finished third. THE ASSOCIATED PRESS

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### NHL PLAYOFFS

#### CONFERENCE SEMIFINALS

(BEST-OF-7 series; All times Eastern)

##### EASTERN CONFERENCE

PITTSBURGH (1) VS. OTTAWA (7)

(Pittsburgh wins series 4-1)

Friday's result

Pittsburgh 6 Ottawa 2

BOSTON (4) VS. N.Y. RANGERS (6)

(Boston wins series 4-1)

Saturday's result

Boston 3 N.Y. Rangers 1

##### WESTERN CONFERENCE

CHICAGO (1) VS. DETROIT (7)

(Detroit leads series 3-2)

Saturday's result

Chicago 4 Detroit 1

Monday's game

Chicago at Detroit, 8 p.m.

Wednesday's game

x-Detroit at Chicago, TBD

LOS ANGELES (5) VS. SAN JOSE (6)

(Series tied 3-3)

Sunday's result

San Jose 2 Los Angeles 1

Tuesday's game

San Jose at Los Angeles, TBD

x — played only if necessary

### NBA PLAYOFFS

#### CONFERENCE FINALS

(BEST-OF-7 series; All times Eastern)

##### EASTERN CONFERENCE

MIAMI (1) VS. INDIANA (3)

(Miami leads series 2-1)

Sunday's result

Miami 114 Indiana 96

Friday's result

Indiana 97 Miami 93

Tuesday's game

Miami at Indiana, 8:30 p.m.

##### WESTERN CONFERENCE

SAN ANTONIO (2) VS. MEMPHIS (5)

(San Antonio leads series 3-0)

Saturday's result

San Antonio 104 Memphis 93 (OT)

Monday's game

San Antonio at Memphis, 9 p.m.

### MLB

#### AMERICAN LEAGUE

##### EAST DIVISION

	W	L	Pct	GB
New York	30	19	.612	—
Boston	31	20	.608	—
Baltimore	27	23	.540	3½
Tampa Bay	25	24	.510	5
Toronto	21	29	.420	9½

##### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	28	20	.583	—
Cleveland	27	22	.551	1½
Chicago	24	24	.500	4
Kansas City	21	26	.447	6½
Minnesota	19	28	.404	8½

##### WEST DIVISION

	W	L	Pct	GB
Texas	32	18	.640	—
Oakland	28	23	.549	4½
Los Angeles	23	27	.460	9
Seattle	21	29	.420	11
Houston	14	36	.280	18

##### Sunday's results

Toronto 6 Baltimore 5  
Detroit 6 Minnesota 1  
Boston 6 Cleveland 5  
Tampa Bay 8 N.Y. Yankees 3  
Chicago White Sox 5 Miami 3  
L.A. Angels 5 Kansas City 2  
Oakland 6 Houston 2  
Seattle 4 Texas 3 (13 inn.)

##### Saturday's results

Baltimore 6 Toronto 5  
Boston 7 Cleveland 4  
L.A. Angels 7 Kansas City 0  
Minnesota 3 Detroit 2  
N.Y. Yankees 4 Tampa Bay 3 (11 inn.)  
Chicago White Sox 2 Miami 1  
Oakland 11 Houston 5  
Texas 5 Seattle 2

##### Monday's games — All times Eastern

Pittsburgh (Liriano 3-0) at Detroit (Verlander 5-4), 1:05 p.m.  
Colorado (Chacin 3-3) at Houston (Norris 4-4), 2:10 p.m.  
St. Louis (Wainwright 6-3) at Kansas City (Shields 2-5), 2:10 p.m.  
Miami (Fernandez 2-2) at Tampa Bay (Odorizzi 0-0), 3:10 p.m.  
San Francisco (Bumgarner 4-2) at Oakland (Strally 2-2), 4:05 p.m.  
San Diego (Richard 0-4) at Seattle (Harang 1-5), 4:10 p.m.  
Atlanta (Hudson 4-3) at Toronto (Buehrle 1-3), 7:07 p.m.  
Chicago Cubs (Samardzija 2-6) at Chicago White Sox (Quintana 3-1), 7:10 p.m.  
Philadelphia (Cloyd 1-0) at Boston (Aceves 1-1), 7:10 p.m.

#### NATIONAL LEAGUE

##### EAST DIVISION

	W	L	Pct	GB
Atlanta	30	19	.612	—
Washington	26	24	.520	4½
Philadelphia	24	26	.480	6½
New York	18	29	.383	11
Miami	13	37	.260	17½

##### CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	32	17	.653	—
Cincinnati	31	19	.620	1½
Pittsburgh	31	19	.620	1½
Milwaukee	19	29	.396	12½
Chicago	19	30	.388	13

##### WEST DIVISION

	W	L	Pct	GB
Arizona	28	22	.560	—
San Francisco	28	22	.560	—
Colorado	27	23	.540	1
San Diego	22	27	.449	5½
Los Angeles	20	28	.417	7

##### Sunday's results

Chicago Cubs 5 Cincinnati 4 (10 inn.)  
Washington 6 Philadelphia 1  
Pittsburgh 5 Milwaukee 4  
San Francisco 7 Colorado 3  
St. Louis 5 L.A. Dodgers 3  
Arizona 6 San Diego 5  
N.Y. Mets 4 Atlanta 2

##### Saturday's results

San Francisco 6 Colorado 5 (10 inn.)  
Cincinnati 5 Chicago Cubs 2  
Pittsburgh 5 Milwaukee 2  
L.A. Dodgers 5 St. Louis 3  
Philadelphia 5 Washington 3  
Atlanta 6 N.Y. Mets 0  
San Diego 10 Arizona 4  
Monday's games — All times Eastern  
Baltimore (Hammel 6-2) at Washington (Gonzalez 3-2), 1:05 p.m.  
Cleveland (Jimenez 3-3) at Cincinnati (Leake 4-2), 1:10 p.m.  
Minnesota (Correa 4-4) at Milwaukee (Peralta 3-5), 2:10 p.m.  
Texas (Perez 0-0) at Arizona (Skaggs 0-0), 3:40 p.m.  
N.Y. Yankees (Hughes 2-3) at N.Y. Mets (Niese 3-5), 7:10 p.m.  
L.A. Angels (Wilson 4-3) at L.A. Dodgers (Greinke 2-1), 8:10 p.m.  
Texas (Darvish 7-2) at Arizona (Cahill 3-5), 9:40 p.m.



## Horoscopes

### Aries

March 21 - April 20

Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

### Taurus

April 21 - May 21

It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

### Gemini

May 22 - June 21

It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

### Cancer

June 22 - July 23

If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

### Leo

July 24 - Aug. 23

For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

### Virgo

Aug. 24 - Sept. 23

Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

### Libra

Sept. 24 - Oct. 23

Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

### Scorpio

Oct. 24 - Nov. 22

Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

### Sagittarius

Nov. 23 - Dec. 21

You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

### Capricorn

Dec. 22 - Jan. 20

Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow – though tomorrow they MUST get done.

### Aquarius

Jan. 21 - Feb. 19

Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

### Pisces

Feb. 20 - March 20

Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Pulled tightly
5. Becomes beyond betrothed
9. "\_\_\_ It": 1980 hit for Devo
13. Shoe prop, \_\_\_ support
14. Water blue
15. Ms. Davis of TV/movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "\_\_\_ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-\_\_\_ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. \_\_\_ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = \_\_\_ ray tube
48. Solar System model

50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of \_\_\_
63. Paddled

64. Get wind of
65. Proportionately, Pro \_\_\_
66. Bound
67. Shakespeare's \_\_\_ Well That Ends Well
68. Acknowledged

### Down

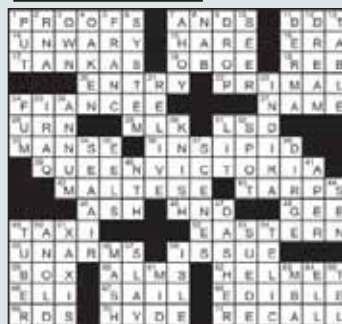
1. Labels

2. Smell \_\_\_ (Be suspicious)
3. Calif. campus
4. \_\_\_ Mines, Quebec
5. Regina's \_\_\_ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes

BY KELLY ANN BUCHANAN

10. Hamilton's \_\_\_ Village
11. Bellybutton type
12. Matador maneuver
15. National \_\_\_ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-\_\_\_ clogging, as some makeup
34. Tin \_\_\_ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. \_\_\_ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad \_\_\_
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

## Friday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku

1	4	7	6	9	2	8	3	5
5	6	2	4	8	3	1	9	7
8	9	3	7	5	1	4	6	2
2	8	5	9	7	6	3	1	4
9	3	1	8	2	4	7	5	6
4	7	6	1	3	5	9	2	8
3	2	9	5	4	7	6	8	1
7	1	8	2	6	9	5	4	3
6	5	4	3	1	8	2	7	9

	1		3					
		9		7				2
		5		2	4	8	6	
		8						3
	5	3		8		6	7	
4						1		
	9	7	6	4		2		
8				3		9		
					7		5	

## Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 16°  
MIN: 9°



MAX: 21°  
MIN: 7°



MAX: 19°  
MIN: 8°



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The loved ones of God shall  
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(Isaiah 35:10)

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